



## Prevention Tips for Common Types of Fires

### Cooking



**Cooking fires are the leading cause of fire injuries and the third leading cause of fire deaths among older adults.**

When using the stove, never leave cooking food unattended. If you need to step away, turn it off. Always wear tight-fitting clothing when cooking - a dangling sleeve can catch fire easily. Use pins or rubber bands to secure sleeves and keep the stove top clear of anything flammable such as food containers, towels, pot holders, newspapers, etc.

**Call 9-1-1 and DO NOT try to extinguish the fire.**

A fire can double in size every 60 seconds and a delay in notifying 9-1-1 can cause further injury/death and property damage.

### Smoking

**Improperly discarded smoking materials are the leading cause of fire deaths in the United States.**

If you must smoke, designate an area to smoke, use large non-tip ashtrays and soak cigarette butts and ashes before discarding. *Never* smoke in bed, when sleepy/impaired or on medication that makes you drowsy.

### Electrical



**Don't overload electrical outlets/circuits.**

In many older homes, the capacity of the wiring system has not kept pace with today's modern appliances. Overloaded electrical systems create fire hazards. Watch for these signals of overload: dimming lights when an appliance goes on, a shrinking TV picture, slow heating appliances, or fuses blowing frequently. Call a qualified electrician to get expert help. Do not run extension cords under rugs or carpets and replace any that are cracked, frayed or have loose connections.